



### CHFS Focus Program Spotlight - CHFS Worksite Health and Wellness promotion: Get Moving CHFS! program

*First Lady Glenna Fletcher, right, and Cabinet secretary James W. Holsinger Jr., M.D., lead employees in Thursday's one-mile walk.*



Frankfort-based CHFS employees crossed the state of Kentucky more than 300 times in the last eight weeks – at about 420 miles per one-way trip, they collectively traveled more than 130,000 miles.

Their itchy feet were impelled by the inaugural pilot project of the Cabinet's worksite health and wellness initiative, patterned after the University of Kentucky Cooperative Extension Service's highly successful physical activity campaign called Get Moving Kentucky!

The Cabinet celebrated completion of the program June 9 with a final one-mile group walk, awards ceremony and cookout at the Cabinet's Frankfort headquarters. First Lady Glenna Fletcher and Cabinet secretary James W. Holsinger Jr., M.D., hosted the event and offered their congratulations to program participants, encouraging CHFS employees to continue the progress made and good habits begun during the program.

The core goal of Get Moving Kentucky! – to increase participants' physical activity levels – was adapted by the Cabinet to maximize results with consideration given to Cabinet structure and related factors. The resulting program, Get Moving CHFS!, was, by all quantifiable measures, an unqualified success.

A total of 193 four-person teams plus individual participants – a total of 838 CHFS Frankfort-based employees – signed up for the program and recorded their daily and weekly physical activity output with the goal of achieving team totals of at least 420 miles worth of exercise over the course of the campaign.

Physical activity levels were measured in Physical Activity Miles (PAMs). One PAM equals walking one mile (about 2,000 steps) or 15 minutes of other types of physical activity intense enough to raise heart and respiration rates. Pedometers kept track of steps taken and miles covered each day, but many Get Moving CHFS! participants

accrued PAMs by combining walking with other forms of exercise.

CHFS employees walked, ran, cycled, played team sports, swam, gardened, did calisthenics and aerobics, worked out at gyms and health clubs and engaged in dozens of other calorie-burning, cardio-boosting activities to achieve their daily and weekly PAM totals.

Preliminary results of a participant survey currently being conducted to evaluate the program and help guide future efforts have already revealed some impressive outcomes and interesting responses.

In response to the question "What motivated you to participate in the Get Moving CHFS! program?" survey respondents most frequently cited weight loss and because a colleague asked them to participate. Only 15 percent indicated that they would prefer to participate as individuals rather than as part of a team in future health and wellness programs.



*Secretary Holsinger speaks to Get Moving CHFS! participants during Thursday's Celebration of Success.*

"We chose Get Moving Kentucky! as our program model because it takes a team approach to physical activity," Holsinger said. "Partner support is effective in efforts to increase physical activity because you're less likely to miss an exercise session when a partner is expecting you, and the added encouragement and motivation among exercise partners helps sustain enthusiasm. A lot of people just find exercising with a partner or as part of a team is more fun and less of a chore than solitary exercise."

Improving cardiovascular fitness, just for the fun of it and to set an example were also among the top motivators cited among program participants.

Eighty-two percent of respondents indicated the program encouraged them to increase their physical activity levels,



and an overwhelming 96 percent of those responding to the survey indicated they plan to maintain or improve their physical activity levels after the program ends. Prospects for wide participation in future Cabinet-sponsored health and wellness programs are also good, with 80 percent indicating they would participate.

CHFS Deputy Secretary Delanor Manson, chief coordinator of the Cabinet's health and wellness promotion, said she's delighted with the success of Get Moving CHFS!

*At right, Deputy Secretary Manson smiles as she walks - celebrating the success of Get Moving CHFS!*

"Our employees really get it – that a healthy, active lifestyle enhances all aspects of life, from just feeling better, being more productive and enjoying a more positive mind-set to the actual disease prevention and physical fitness benefits," Manson said. "The support employees have shown for this program is tremendously gratifying."

While this initial worksite health and wellness pilot project was based in Frankfort, Manson said the Cabinet's goal is to roll out the initiative among its employees statewide.

The physical activity component of the CHFS Worksite Health and Wellness promotion will be followed by a five-week emphasis on nutrition, incorporating aspects of the nationally recognized 5 A Day Challenge to increase consumption of fruits and vegetables, ideally in place of less healthy diet choices. The Cabinet will launch its 5 A Day Challenge on July 5. During the interim, the Cabinet will sponsor lunchtime education and information sessions and other activities for employees focusing on topics including smoking cessation and stress reduction.



### CHFS Focus Employee Spotlight - Gene Long: He's a Traveling Man

Gene Long, a certified health care engineer, averages 3,000 miles each month as he travels Western Kentucky to work with the Glasgow State Nursing Facility, Western State Hospital and Nursing Facility and Outwood ICF/MR. His long title, Capital Construction Project Design Coordinator, covers a lot of ground, too.



Before a construction project goes out for bid, Long works with engineers from the Finance and Administration Cabinet and consultants to design blueprints and specifications for projects ranging in cost from \$40,000 to millions of dollars. Then, he makes sure the projects are constructed to meet program, licensure and other regulatory specifications. One of the largest projects Long has overseen was the \$12 million project at Hazelwood hospital that included bringing three floors in the main building into compliance with current building codes and installation of a therapeutic swimming pool for residents.

"It's such a great feeling of accomplishment to see a finished project and how much the residents enjoy new changes in their facilities," Long said.

Long also works with facilities to develop specifications for in-house construction projects costing \$40,000 or less. Once specifications are completed, he works with procurement staff to get the project out for bid and makes sure the work is being done according to specifications. In-house projects are smaller in scope, such as roof and water damage repairs, small building construction, plumbing upgrades and window security screen replacements.

"Gene knows so much about all aspects of construction," said Lisa Detherage, director of the Division of Facilities Management. "I am constantly amazed by his knowledge of heating and ventilation systems; building, licensing, regulation and fire codes; and from-the-ground-up construction projects."

"He knows every repair, every renovation, every project undertaken in state health care facilities since he started here," she said. "His institutional knowledge and concern for the well-being of our clients are irreplaceable."

Long started his career with the state in 1974 at Kentucky State Hospital, where he worked until the facility closed in 1976. He then transferred to Oakwood Hospital in



*At left, CHFS employees walk the walk during the Get Moving CHFS! Celebration of Success.*





Somerset where he spent a year before transferring to Eastern State Hospital. He was in this nineteenth year at Eastern State Hospital when he was hired in 1997 as the former Cabinet for Health Services' project design coordinator.

"I had no idea what I was getting into when I accepted this job," Long said. "I had been the project design coordinator at just one facility. When I started here, I was responsible for 17 health care facilities containing 190 buildings throughout the state.

"I haven't minded the traveling, and I enjoy the challenge every time we start something new."

Traveling is also part of Long's recreational activities. The inveterate bass fisherman enters five or more fishing tournaments when time allows.

"I usually make the Herrington Lake, Lake Barkley, Kentucky Lake and Lake Cumberland tournaments," Long said. "Then there are a couple of tournaments in Tennessee and one on Lake Weiss in Alabama, where the prizes are big. I came in fifth out of 230 boats entered in a Lake Weiss tournament, but I missed winning the boat ... or the truck."

Long lists his 21-foot bullet boat and truck as his "toys."

Long, a Viet Nam veteran wounded three times in combat, lives on a Garrard County farm in his grandparents' former home, which dates from the 1700s. His current, and probably continuing, project is remodeling the house.

After his retirement at the end of the year, he plans to spend winters at his lakeside cabin in Alabama - and, of course, participate in those bass tournaments.

But Long said, "I totally love my job, and I'm going to miss it terribly."

### The Distance Communication and Learning Center

Just in case you are not aware of the Distance Communication and Learning Center (DCLC), it is a wonderful resource for meetings, training and long-distance communications.



Located on the third floor of the Health Services Building and accessible from the elevator or stairs near the

auditorium, the DCLC has three rooms that can be reserved for your use:

- **Room A** has satellite downlink and interactive television capabilities so participants can communicate long-distance both visually and audibly.
- **Room B** is a multi-purpose classroom with a projector and screen for multimedia presentations.
- **Room C** is a 12-seat computer lab, with a projector and screen so students can see the instructor's screen as he or she speaks.

#### To schedule a DCLC room:

- Open your Outlook calendar
- Click on "File" in the main menu
- Click on "Other User's Folder"
- In the window that appears, type in "CHFS DCLC Meeting Room"
- Change folder from "Inbox" to "Calendar"
- Click the "OK" button
- Choose meeting room A, B or C

#### When you book a training event, please provide:

- the name of the event,
- the location you want to reserve,
- the beginning and end time, and
- your name and contact information.

To cancel a meeting room, return to the Outlook calendar and remove the event no less than 24 hours before the scheduled event so others can have access to the room. If you fail to cancel within 24 hours, you may not be given access to DCLC rooms in the future.

Employees reserving Room B are responsible for returning the room to its original seating configuration (Rooms A and C have fixed equipment that cannot be moved) and for all rooms, users are responsible for disposing of any materials left by participants, speakers and trainers.

No food, including catered lunches, is permitted in the classrooms. Drinks with lids are permitted.

### First Lady Glenna Fletcher promoting Breast Cancer Awareness at birthday party

*Celebrate Your Birthday with a Mammogram*

First Lady Glenna Fletcher spoke June 8 at a birthday party in Corbin to promote the "Celebrate Your Birthday with a Mammogram" program. The event was sponsored by the





Kentucky Cancer Program and the Tri-County Breast Cancer Coalition.

Special birthday cards from First Lady Glenna Fletcher are mailed to all women ages 65 to 69 to encourage them to obtain their routine mammograms and to make sure they are informed about Medicare coverage for mammograms.

"I have received many letters and cards from women across the Commonwealth, thanking me for reminding them to get their mammograms," Mrs. Fletcher said. "It's evident this campaign is raising awareness among Kentucky women and encouraging them to schedule mammograms this year and every year."

More than one-third of Kentucky women between the ages of 50 and 69 have not received this important screening.

"As a nurse, I have seen first hand the many ways cancer impacts lives," stated the First Lady. "This campaign encourages routine screenings for early detection and will improve the chances for victory against breast cancer, because early screening, detection, and treatment creates breast cancer survivors."

Mrs. Fletcher along with the Kentucky Cancer Program and Health Care Excel started Celebrate Your Birthday with a Mammogram last year. This campaign is intended to increase awareness of the importance of screening mammograms among this target population and to encourage women to take advantage of this benefit available through Medicare. The program has been extended into its second year. Breast cancer is one of the leading causes of death in Kentucky's women with an estimated 3,200 new cases diagnosed this year. Almost half the women in Kentucky diagnosed with breast cancer are age 65 or over.

First Lady Glenna Fletcher is committed to working with the issues she feels will make a difference in the lives of Kentucky families. The health of Kentuckians and the education of our children are two of her primary focuses. Get Healthy Kentucky!, Read to Achieve, Go Red for Women, and the Celebrate Your Birthday with a Mammogram are just a few of many initiatives the First Lady supports. Join her to work together to make Kentucky a better place to live and raise a family-to improve literacy rates, our health statistics and continue our rich heritage for future generations of Kentuckians. For more information about the First Lady and the programs she supports, visit her web site at [www.firstlady.ky.gov](http://www.firstlady.ky.gov).

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### Reserving conference rooms just got easier

If you have felt the frustration of running from conference room to conference room to sign a reservation book or calling – and sometimes calling and calling – a specific person for a conference room reservation, you're going to appreciate this change.



One goal of the "Big Move" at the CHR Complex in Frankfort was to create common conference rooms available for use by all staff. To make scheduling easier, these facilities were named and assigned electronic Outlook calendars so you can reserve a room via your e-mail program.

Please visit <http://chfs.ky.gov/olpa/dc/focus> to view detailed instructions, including images to guide you through the reservation process. Look for the link "Reserving Conference Rooms via E-mail" at the bottom of the main *CHFS Focus* Web page.

### CHFS Health Tip of the Week: What Is Scleroderma?

*By Anne Parr, R.N.*

Scleroderma, or systemic sclerosis, is a chronic connective tissue disease generally classified as one of the autoimmune rheumatic diseases.



The word "scleroderma" comes from two Greek words: "sclero" meaning hard, and "derma" meaning skin. Hardening of the skin is one of the most visible manifestations of the disease. However, the symptoms of scleroderma vary greatly from individual to individual, and the effects of scleroderma can range from very mild to life-threatening. Scleroderma is not contagious; it is not infectious; and it is not cancerous or malignant.

According to the Scleroderma Foundation, there are approximately 300,000 persons with scleroderma in the United States, including 80,000-100,000 with the systemic form and the rest with the localized form. Statistically, approximately three to four times more women than men develop the disease. Scleroderma can develop and is found in every age group from infants to the elderly, but its onset is most common between the ages of 25-55. Although scleroderma is not directly inherited, some scientists feel there is a slight predisposition to it in families with a history of rheumatic diseases.



The exact cause of scleroderma is still unknown, but scientists and medical investigators in a wide variety of fields are working hard to make those determinations. For more information about scleroderma visit, [www.scleroderma.org](http://www.scleroderma.org).

**Wellness Wednesday Lunch and Learn:** Helping those you love quit smoking – without nagging

The Lunch and Learn session scheduled for Wednesday, June 15, will feature information to help nonsmokers support smokers who want to kick the habit. The session begins at noon in the cafeteria.



The addiction to nicotine is strong and smokers wanting to quit need support and encouragement. Jan Beauchamp will discuss methods to offer genuine help in a kind and supportive manner to smokers trying to quit. The 20-minute presentation and role playing activities will be followed by a 10-minute question-and-answer period.

Lunch and Learn is sponsored by the Cabinet's wellness committee.

## Employee Enrichment

By Anya Armes Weber



*Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better focus on team building, customer service and personal development.*

Whether we can tolerate it or simply loathe it, paperwork is a part of our daily work lives. Allison Van Norman, president of Organized Solutions, a professional organizing company in San Francisco, offers these tips to make paperwork easier.

Set up a good filing system. The smaller and cleaner, the better. Before you can organize a new system, you'll need to clean out the old one. Ask yourself if you really need each paper. Is it on file electronically? Is it outdated? If you're submitting it to another office, do you really need a copy? Once you have gone through the papers, label your folders appropriately. Title them clearly in case anyone else has to find something when you can't be at work. Keep an "action bin" for the papers you have to work on or file.

Set up a pleasant workspace. Most of us don't have a separate area to do our filing, so designate a space in your office to do filing so it becomes routine. If you can't keep a surface area clean, at least make sure it's easy to clear off when you'll need it. Have handy all your tools – paper clips, stapler, stamps, reference books, etc.

Make it a regular task. Though it's tempting, procrastinating doesn't pay off with paperwork. A missed deadline could mean a customer won't be eligible for services. Don't wait until your action bin is brimming – set aside a block of time for paperwork every day or every week. It's a great feeling of accomplishment once that bin is empty!